

Amendments to the Claims

Claim 1 (currently amended): An exercise device comprising: a platform greater than the size of the footprint of a foot having a bottom surface; means for securing at least one foot to the said platform; and a removably attachable fulcrum capable of contacting and holding the bottom surface of the platform, wherein the said fulcrum can contact the platform be attached anywhere along the bottom surface of the said platform.

Claim 2 (currently amended): The exercise device of claim 1, wherein said fulcrum contacts said bottom surface of said platform by adhesion is self-gripping.

Claim 3 (original): The exercise device of claim 1, wherein said fulcrum is a hemisphere.

Claim 4 (original): The exercise device of claim 1, wherein said fulcrum is an elongated block having a rounded surface opposite a flat surface.

Claim 5 (original): The exercise device of claim 1, wherein said means for securing at least one foot to said platform comprises at least one strap attached to said platform.

Claim 6 (original): The exercise device of claim 1, wherein said means for securing at least one foot to said platform comprises a foot plate attached to said platform and at least one strap to secure a foot to said foot plate.

Claim 7 (original): The exercise device of claim 5, wherein said foot plate comprises an ankle strap, a forefoot strap and a heel stop.

Claim 8 (original): The exercise device of claim 1, wherein said platform is constructed of materials selected from the group consisting of wood, plastic and metal.

Claim 9 (original): The exercise device of claim 7, wherein said platform is constructed of acrylic and is transparent.

Claim 10 (original): The exercise device of claim 1, wherein said platform comprises indicia.

Claim 11 (original): The exercise device of claim 1, wherein said fulcrum is constructed of materials selected from the group consisting of wood, plastic, and composites thereof.

Claim 12 (original): The exercise device of claim 1, wherein said fulcrum is constructed of a composite of plastics.

Claim 13 (new): An exercise device comprising: a transparent platform greater than the size of the footprint of a foot having a bottom surface; means for securing at least one foot to the platform; and a fulcrum adhesively contacting and holding the bottom of the platform, wherein the fulcrum can contact the platform anywhere along the bottom surface of the platform.

Claim 14 (new): the exercise device of claim 13, further comprising indicia on said platform to direct placement of said fulcrum on said bottom surface of said platform.

Claim 15 (new): The exercise device of claim 13, wherein said platform is acrylic and said fulcrum is rubber-like.

Claim 16 (new): An exercise device comprising: a transparent acrylic platform greater than the size of the footprint of a foot having a bottom surface; means for securing at least one foot to the platform; a rubber-like fulcrum adhesively contacting and holding the bottom of the platform; and indicia on said platform to direct placement of said fulcrum on said bottom surface of said platform, wherein the fulcrum can contact the platform anywhere along the bottom surface of the platform.